

April 19, 2020

I live low by choice.

I learned, the higher you climb up that ladder in life, the harder the fall when it comes. And it will come eventually, in some form or fashion, no matter who you are.

So, I live on the bottom step on the life ladder.

If things happen, I'm already close to the ground.

Never again do I want to experience, even remotely, what it felt like when I first fell through the cracks. The most painful thing wasn't the event(s) themselves - but how it felt to be the only one, among those who were strong, healthy, functioning, and in the normal way of doing things. I didn't envy them, or wish to trade places with any of them, but it felt terrible to be the suddenly weak one, the needy one, the powerless one, among those who were still strong.

My mind was more locked up than my body, and I couldn't express or communicate my thoughts, concerns, and specific needs at the time. So I rocked along, confused, weak, unstable, and bewildered, buying time, just hoping for the day to come that I could figure it all out and make sense of things. Make plans, and get on with it. On my own, like I always was.

That day never came, my mind and body never returned to it's former state, but I had to get up and get going regardless. With a broken mind and body I moved forward, and made some of the biggest changes of my life so far.

So about that bottom step on the Ladder of Life - it's a good place to be, once you've lost it all, and tried without success to regain it. The bottom step is safe. It's paid off for me, again and again. When the winds of change blow, I can barely feel it. I have nothing to lose.

I've been living this way for about a decade now. I see the winds of change blowing like crazy, all over the world, and people's lives getting turned all around and upside down because of it. I watch and look for, and find, those insightful observations here and there, people saying they're done with trying to do this or that, keep up with this and that, stress over this, fight over that. I'm seeing others, for the first time, question the rat race, and striving for all the things today's world tells us to obtain and achieve.

People are waking up. Who'd have thunk a virus could be helpful?

I might have to move over and make room on this bottom step, it looks like lots more people are coming to join me here.

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